

R E S O L U T I O N

1 WHEREAS, Memories of a purposeful life and meaningful
2 accomplishments remain to comfort the family and friends of Ian
3 Jackson of Colleyville, who passed away on May 16, 2011, at the age
4 of 67; and

5 WHEREAS, A highly respected athletic trainer, Mr. Jackson was
6 himself a long-distance runner, swimmer, big wave rider, skin
7 diver, soccer player, yoga adept, and student of classical ballet;
8 he pursued, with single-minded determination, excellence in every
9 demanding physical activity he undertook, continually seeking the
10 keys to superior performance; and

11 WHEREAS, In his work as a trainer, Mr. Jackson dedicated
12 himself to drawing out the full potential of his athletes'
13 physical, mental, and spiritual resources; possessing a strong
14 philosophical orientation and unconstrained by conventional
15 thinking, he had "a talent," one admirer observed, "for seeing
16 common things in uncommon ways"; Mr. Jackson pioneered a breathing
17 method called BreathPlay, which his students considered a pathway
18 to remarkable power and endurance, as well as a reliable portal to
19 the high performance body-mind state known as "the zone"; this
20 technique was adopted by cyclists such as Alexei Grewal, a gold
21 medal winner at the 1984 Olympic Games, and John Howard, who
22 employed it to help him break a land speed record in 1985; and

23 WHEREAS, Mr. Jackson's physical and metaphysical studies
24 drew on the work of a number of teachers, among them Milton

1 Erickson, Moshe Feldenkrais, Hans Selye, B. K. S. Iyengar, Joe
2 Henderson, Joel Kramer, and Ernst Van Aaken; and

3 WHEREAS, For all the knowledge he gained from such figures,
4 however, the greatest source of inspiration for Mr. Jackson
5 remained his family, to whom he was deeply devoted; he enjoyed a
6 loving marriage with his wife, Sabrina, whom he wed on June 18,
7 1998, and he took immense pride in his three children, Breanna,
8 Whitney, and Josh; he also delighted in his two grandchildren,
9 Jackson and Kira, and shared many happy times with them, including
10 some memorable camping trips; and

11 WHEREAS, Those fortunate enough to have known Ian Jackson
12 continue to be enriched by his example of grace and strength, and he
13 will forever hold a treasured place in their hearts; now,
14 therefore, be it

15 RESOLVED, That the House of Representatives of the 82nd Texas
16 Legislature hereby pay tribute to the life of Ian Jackson and extend
17 sincere condolences to his family: to his wife, Sabrina Jackson; to
18 his children, Breanna Foddrill and her husband, Kyle, Josh Pitts
19 and his wife, Devri, and Whitney Pitts; to his grandchildren,
20 Jackson and Kira Foddrill; and to his other relatives and friends;
21 and, be it further

22 RESOLVED, That an official copy of this resolution be
23 prepared for his family and that when the Texas House of
24 Representatives adjourns this day, it do so in memory of Ian
25 Jackson.

Truitt

H.R. No. 2704

Speaker of the House

I certify that H.R. No. 2704 was unanimously adopted by a rising vote of the House on May 30, 2011.

Chief Clerk of the House